



Fremont Housing
Agency

Rita Grigg
Executive Director
Darci Blakely
Housing Program
Manager

**For after hour
Maintenance
emergencies
contact:**

Ed: 402 720-1264

Rita: 402 720-9643



RENT DUE

Rent is due
**WEDNESDAY
JULY 1, 2020**

Your payment must be in
the drop box by 3:00 pm
on Sunday,
July 5, 2020.

REMEMBER!!!
Checks or Money
Orders Only!
NO CASH!!!!!!



TWO TOWER TALK JULY 2020



We will slowly be starting up some things again with restrictions. Please follow the restrictions that we have in place for your safety and the safety of our staff.

Congregate meals will begin on July 1st.
Jan will explain all restrictions for the dining room.

Gifford and Stanton offices will be having face to face meetings again. The Resident Support Services Office will meet with residents **BY APPOINTMENT ONLY!**

Trivia will take place on July 23rd from 1:30-2:30-only 22 residents will be allowed-first come first stay for Trivia

I am trying to get some of the agencies back as guest speakers or activities but many agencies are still limiting contact

In July there will not be a July 4th pot luck, no Resident Council and Social Club meeting, and no Bingo

PLEASE DO NOT COME TO ACTIVITIES IF YOU ARE SICK OR NOT FEELING WELL!!!

If restrictions are not followed you may be asked to leave

Social Distancing and face masks are strongly encouraged



The Kitchen and Dining Room will be closed Friday, July 3rd and Friday, July 17th.

No meals will be served. The weekend meals will be delivered

Thursday, July 2nd and Thursday, July 16th

The Offices and Maintenance will be closed Friday, July 3rd





Just a reminder: Staff and residents are not allowed to pick you up if you fall. They are not allowed to help you into or out of cars, wheelchairs, etc. This is a safety concern for you and the person helping you. Please do not get upset if someone tells you "NO".



SNAP BENEFITS



The Department of Health and Human Services (DHHS) will be again be issuing emergency supplemental allotments

to Supplemental Nutrition Assistance Program (SNAP) recipients who receive benefits for the month of June on July 7th. The increased benefits will be loaded directly on your SNAP card if you are a SNAP recipient. The benefits are shown below. If you already receive the maximum amount then you will not receive additional benefits

Household Size	Maximum Allotment
1	\$194
2	\$355
3	\$509

Pestrol July Schedule



Pestrol will be doing four floors once a month on the second Wednesday of the month. This means that your apartments will continue to be sprayed quarterly. Thank you Corey for all your hard work!

Wednesday July 8th

Starting at 12:00 pm and it will take all afternoon

Gifford Floors 6, 7, 8, 9

Stanton Floors 6, 7, 8, 9



We realize many of you are feeling overwhelmed, irritable, bored, and many other feelings we do not normally feel. With that being said we ask you to try to work out problems with other residents on your own instead of making reports to the office. Take a moment to

think about what is happening. Is it a big problem or something that tomorrow will seem like a little problem? Do not worry about what other residents are doing-just worry about yourself. Communicate with each other clearly and completely-no name calling, no yelling. Help each other understand the intentions and reasons behind your point of view. If it is hard at the moment to speak politely then just walk away. Don't bring other residents into your problems. It takes a bigger person to apologize even if they are not the one who should be apologizing.



Let's try to be the solution and not the problem. Remember to treat others as you would like to be treated-this includes residents and staff, home health, visitors, and anyone else in our buildings!



FIRST ROUND STIMULUS PAYMENT ON A DEBIT CARD



The Treasury Department has distributed stimulus checks by direct deposit and paper checks. The Treasury Department has begun mailing a debit card to households without bank accounts or taxpayers who do not receive tax refunds via direct deposit. The cards can be used for store purchases, transfer to bank accounts without any fees, or to get cash from an ATM.

Many people have reported mistaking them for junk mail and throwing them away. If you have thrown yours away by mistake or if the name is not correct you can contact:

IRS at 1-800-240-8100 to get a free replacement card.

The \$7.50 processing fee will be waived for the first reissuance of the Economic Impact Payments (EPI) debit card.

THERE ARE TWO INSERTS IN THIS NEWSLETTER-PLEASE READ!!!!



**ONE IS COVID 19 PREVENTION INFORMATION
AND THE OTHER IS EMERGENCY INFORMATION.
WHAT IS AN EMERGENCY AND
WHAT IS NOT AN EMERGENCY?????**



Commodities Changes:

Due to COVID-19 we will have to look at Commodity Deliveries month to month as to how they will be distributed. Staff will deliver Gifford Tower commodities to their apartments. Stanton Tower will be called to the community room floor by floor. Social Distance please!!!! They will be delivered Friday, July 17th.



Staff will continue to distribute the Commodities. Staff appreciates your patience as we try to make sure that all of your needs are met.

WATCH OUT FOR COVID-19 SCAMS

1. Stimulus check scams
2. Product and treatment scams
3. A sick family member
4. Charity scams
5. Fake websites that say they have exclusive information
6. Debt reduction scams
7. Work from Home scams

**Best practice: If you do not recognize the phone number-do not answer.
Do not give out any personal information!!!**



**The RSSC will be at
Gifford Tower every
Tuesday
10:00 am-11:00 am to
meet with Gifford residents beginning
Tuesday, July 14th!!!**



testnebraska.com

Nebraska is still asking
people to take an
assessment at

testnebraska.com

to be screened for a

FREE COVID 19 test

This can be done on a computer or
on your smart phone. It only takes a
few minutes.

It's not too late to sign up!!!!



HAPPY BIRTHDAY TO EVERYONE BORN IN JULY!!!!



FARMERS MARKET COUPONS



Older Nebraskans meeting income and age guidelines are eligible to receive \$48.00 in coupons that can be exchanged for fresh produce sold at SFMNP certified Nebraska Farmers Market stands. You must be 60 or older and have an annual income of less than \$23,606 for a single person and less than \$31,894 for two person household. Only one coupon per household.

First you must request and fill out an application form and bring the application to the coupon distribution site. I am assuming for you that will be Christensen Field. To receive an application you will have to call the senior center at 402 727-2815. The application will be mailed to you with instructions for how and when to pick up coupons. A curbside pickup for coupon distribution will be used at most locations. You must bring the completed application with you when you pick up your coupons.

The amount of coupons to be distributed are limited-not everyone requesting a coupon or filling out an application will receive coupons. Having an application does not guarantee coupons.

If you are interested you should get your application as soon as possible before the allocation runs out. First come First serve.



*"You never really understand a person
until you consider things from his point
of view... Until you climb inside of his
skin and walk around in it."*

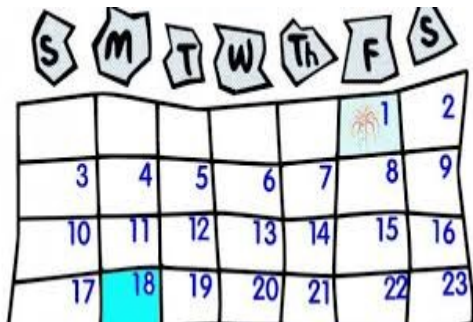
Harper Lee

TheFamousPeople.com



MONTHLY CALENDARS

We are only making one monthly calendar for Stanton and Gifford until we are able to schedule more activities and guest speakers again.



National French Fry Day on July 13th recognizes a staple food on menus across the country. It comes in so many different cuts and styles, there's a favorite for everyone to enjoy!

French fries, also known as chips, fries, finger chips or French-fried potatoes, are batons of deep-fried potatoes. No matter what we call them, they're common fixtures at fast-food restaurants and are loved by adults and kids alike!

One of my favorite days!!!!



HAVE YOU REGISTERED TO VOTE YET????

“A vote is the best way of getting the kind of country and the kind of world you want.” -President Harry S. Truman

Americans are entitled to Life, liberty, and the pursuit of happiness. These inalienable rights will only remain if we protect them, and the best way to do that is by voting. Once every two to four years Americans have the chance to head to the polls and let their voice be heard by casting a ballot on Election Day. Voting is one of the most important duties bestowed upon every citizen of the United States. Unfortunately, many Americans choose not to vote. There are a lot of reasons people don't vote; from apathy or low information, to disenfranchisement or simply because they think their vote doesn't matter. But your vote does count.

Voting isn't just a civic duty, it's the expression of our freedom of self-governing.

From Does My Vote Count? BY MARY ANNA MANCUSO

With everything going on in our world it is time for everyone to register to vote and make a difference in the United States. We have to protect our rights.

The RSSC can help you register to vote. It is a short application. The voting place for Gifford and Stanton Towers is at Gifford Tower and you can also vote by mail. No excuses for no transportation to the polls!

Call the RSSC at 4027274848 ext. 109 if you would like to register

Celebrate a SAFE & HAPPY JULY 4TH!



Word Search



See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|------------|--------------|-----------------|------------------|
| 1. FOURTH | 5. DAY | 9. CELEBRATION | 13. INDEPENDENCE |
| 2. JULY | 6. PICNICS | 10. PARADES | 14. AMERICA |
| 3. HOLIDAY | 7. FIREWORKS | 11. FAMILY | 15. PATRIOTIC |
| 4. FLAG | 8. SAFETY | 12. DECLARATION | 16. FREEDOM |



July 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Bi-Weekly menus for participants are still necessary and available at the Gifford & Stanton Tower offices. If you are interested in the Food Service Program, please feel free to contact Resident Support Services at 727-4848 ext.112						
5 Hot Dog on a Bun French Fries Orange Supreme Dessert	6 Hot Beef Sandwich Mashed Potatoes Fruit	7 Goulash Carrots Bread & Butter	8 Salmon Patties Hash Browns Creamed Peas Rice Krispy Bars	9 Pork Loin Oven Fried Potatoes Three Bean Salad Applesauce	10 Oven Baked Chicken Macaroni Salad Baked Beans Chocolate Chip Cookie Cookie	11 Goulash Green Beans Fresh Fruit
12 Oven Baked Chicken Baked Potato Baked Beans	13 Corned Beef Sandwich Steak Fries Peach Crisp	14 Tuna & Noodles Peas Ambrosia Salad	15 Lasagna Garlic Sticks Carrots Snickers Salad	16 Creamy Chicken Ritz Casserole Beets Angel Food Cake	17 KITCHEN CLOSED	18 Creamy Chicken Casserole Salad Mandarin Oranges
19 Tuna & Noodles Creamed Corn Pudding	20 Pulled Pork Sandwich Potato Salad Pickle Lemon Cake	21 Beef Tips over Noodles Mixed Veggies Pineapple Upside Down Cake	22 Creamed Chicken Over Biscuits Peas Peanut Butter Frosted Brownies	23 Scrambled Eggs Hash Browns Sausage Patty Toast	24 Hamburger Green Bean Tater Tot Casserole Bread and Butter Cherry Fluff	25 Beef Tips over Noodles Vegetable Bread & Butter
26 Hamburger Tator Tot Casserole Rice Krispy Bars	27 Hot Ham Sandwich Vegetable Pasta Salad Fresh Fruit	28 Three Salad Plate Dinner Roll German Chocolate Cake	29 Chicken Breast With Mushroom Gravy Mashed Potatoes Corn White Cake with Buttercream Frosting	30 Chef Salad With Crackers Jell-O with Fruit	31 Grilled Cheese Sandwich Tomato Soup Pickle Poke Cake	*SUBJECT TO CHANGE*

Fremont Housing Agency
2510 N. Clarkson St.
Fremont, NE 68025
(402) 727-4848
(402) 727-4751 - fax
www.fremonthousing.org
Resident Support Services
Stanton Tower 205
(402) 727-4848 ext. 109

**IMPORTANT
NUMBERS**

Central Navigation
Centralized Intake
402 721-4157

Fremont Police Dept.
(402) 727-2677
Emergency - 911

Fremont Fire Dept.
(402) 727-2688
Emergency - 911

General Assistance
(402) 727-2731

**Health & Human
Services**
(402) 595-1258

Salvation Army
(402) 721-0930

**Northeastern Nebraska
Community Action
Partnership-NENCAP**
(402) 721-0619

**Eastern Nebraska Office on
Aging-ENOA**
(402) 721-7770
Senior Center
(402) 727-2815
RSVP Car-Go
(402) 561-2224

Uniquely Yours
(402) 727-8977

**STRESS DURING AN INFECTIOUS DISEASE
OUTBREAK CAN INCLUDE:**

- ◆ Fear, irritability, sadness and worry about your own health and the health of your loved ones.
- ◆ Difficulty sleeping or concentrating
- ◆ Lack of energy and motivation to carry out your day-to-day activities
- ◆ Worsening of chronic health problems
- ◆ Worsening of mental health conditions
- ◆ Increased use of alcohol, tobacco or other drugs

Overwhelmed and would like to talk to someone?



**Staff from PhysMed will be
here July 20th to screen
residents for stress,
depression, sadness, etc.**

**If you are interested contact
Kathy Casper, Resident
Support Services—
402 727-4848 ext. 109 and
sign up confidentially**

**TRIVIA
THURSDAY
JULY 23**



WITH RESTRICTIONS:

**Only two to a table-Only 22 residents
allowed-SOCIAL DISTANCE-
Wear a mask if you please!**

**FAIR
HOUSING:
IT'S NOT AN
OPTION. IT'S
THE LAW.**

